Happy Birthday to Us!

It is hard to believe that the College of Allied Health Sciences is 45 years old. Some of this year’s celebrations include: a 45th anniversary banner and display in the lobby; birthday cake and gifts offered to students, staff and faculty in the lobby on the first day of class; and a 45th Homecoming Reception and Dance on Friday, October 12, 2012 at Rock Springs Center for alumni and friends of the college.

Since we moved into our new building in May 2006, we have experienced record growth in student enrollment, new certificate programs, the award of a multimillion dollar grant from the Department of Defense called Operation Reentry North Carolina that conducts clinical research to improve rehabilitation and reentry of wounded warriors, and new NIH grants. The Department of Rehabilitation Studies officially changed its name to the Department of Addictions and Rehabilitation Studies, and the Department of Health Services and Information Management will accept students into its new master of science degree in health informatics and information management in the fall 2013.

Two new department chairs have been hired: Dr. Alan Gindoff, formerly at the University of Florida is the new chair of the Department of Physician Assistant Studies; Dr. Paul Toriello, formerly PhD program director in the Department of Addictions and Rehabilitation Studies, became its new chair after a national search. New faculty have joined our ranks in the departments of Clinical Laboratory Science, Communication Sciences and Disorders, Occupational Therapy, Physical Therapy and Physician Assistant Studies, with additional searches in progress.

The quality of our students continues to increase and I am not sure I would be competitive as an allied health applicant today. In fact, the demand for our graduate programs has reached an all time high with the Graduate School reporting that CAHS had the largest number of applicants to ECU for the 2012 fall semester.

The last few years have been challenging for CAHS with several years of deep budget cuts, loss of faculty, increased workloads and no salary raises for four years past. In spite of these setbacks, your college has remained the largest allied health program in the state with the most students, the most degree programs and the most departments. The quality, dedication and productivity of our faculty and staff is impressive, making them the finest I have had the pleasure and privilege of working with in my role as dean.

I thank each and every alumnus and friend of the College of Allied Health Sciences for your financial and personal support and hope you will remain our committed advocates for years to come. You are always welcome here as a friend and colleague.

All the best,
Stephen Thomas, Professor and Dean
BUILDING TRUST
ECU development officer and reservist called to serve

By Crystal Baity

U.S. Navy veteran and reservist Pat Frede is taking the skills she’s learned as a fundraiser for East Carolina University’s College of Allied Health Sciences to the horn of Africa.

Frede has been called to active duty for the second time in three years, this time as part of the Maritime Civil Affairs reserve unit for the Navy Expeditionary Combat Command. She left ECU in December for training before deployment, where she will help lead several five-person teams with a mix of skills: health care, construction, communications and boat coxswain.

The unit will establish and enhance relations between military forces, governmental and non-governmental organizations and civilians. Frede’s group will advise and assist local populations with their needs, which could range from establishing community watch programs to teaching villagers about protection of natural resources.

“It’s not doing things for them, but teaching them to do for themselves,” Frede said.

She will be in an area that is a major shipping route for commerce on the east coast of Africa, the Gulf of Aden and the Red Sea. In January, Navy SEALs rescued an American aid worker who had been held by Somali pirates for months in the area. The U.S. Africa Command works to ensure the security of Americans and American interests from threats that might emanate from the continent, including terrorist groups such as al-Qaida.

Packed in Frede’s sea bag will be the ECU Skully Flag, the same flag she took to Afghanistan in 2009-2010 where she served in support of Operation Enduring Freedom.

There, as part of her mission, Frede was embedded with the U.S. Marine Corps Female Engagement Teams who worked to develop relationships of trust and mutual respect with Afghan women, who generally aren’t allowed to have contact with men outside their families. She also taught a course on the teams’ relevance in counterinsurgency and stability operations.

Building trust and respect parallels her work at ECU, and she will carry it with her across the Atlantic again. “Each one has honestly taught me how to do the other better,” Frede said.

“We (in the Navy) have a saying, ‘honor, courage, commitment.’ In fundraising, you tell the truth and you do what the donor says. You are building trust that will be beneficial to the individual and organization,” she said.

The work that Frede did in Helmand province with the female engagement teams resulted in a presidential unit citation. “I had never worked with people so closely of another culture,” she said. “I will be doing more of that (in Africa).”

During her deployment, Frede plans to post regularly to a Facebook site: Skully The Pirate. It’s active but nothing is posted yet and she welcomes friends once it’s up and running. “I took him (the flag) last time just to take a piece of home and he really enjoyed it, especially meeting Gen. McChrystal, whose wife is our alumna,” said Frede, speaking of Stanley McChrystal, former commander of U.S. Forces in Afghanistan.

This is only Frede’s fourth deployment in her almost 20-year Navy career which includes 15 years in the reserves. It is unusual to be called so soon after the last deployment, but it all depends on what expertise, occupational specialties and operational units are needed at the time, Frede said. “Once you go, you’re desirable because you have the experience,” she said. “It’s a resource for the military. It takes less time to get up to speed.”

Frede said she’s lucky she has a supportive husband, Pete, who is retired from the Navy. She also is grateful to ECU, the ECU Medical & Health Sciences Foundation and the College of Allied Health Sciences for their support while she is away. Volunteers from the Foundation’s board of directors and ECU University Advancement members Tricia Reidinger and Candace Darden will help organize and partner on allied health sciences’ planned annual fundraising campaign and other projects.

ECU’s efforts haven’t gone unrecognized. In 2010, ECU and North-Carolina-based Food Lion were among 15 employers nationwide to receive the Department of Defense’s Freedom Award - the highest recognition given by the U.S. government to employers for their support of employees who serve in the National Guard and Reserve.
9th Annual Jean Mills Health Symposium

Enhancing Minority Health in the Millennium

East Carolina Heart Institute
March 1, 2013 - 9:00 a.m. - 3:15 p.m.

Keynote speaker Dr. Janice C. Probst, Director of the South Carolina Rural Health Research Center, will share valuable knowledge about innovative methods to address minority health in rural communities. This one-day conference will feature sessions on:

- the application of social media in health and health care
- the use of “apps” to enhance the health of citizens of NC and/or the practice of health professionals
- the impact of environment on health and health care
- health care reform after the 2012 election
- community/campus partnerships as a vehicle to reduce health disparities

The symposium is open to allied health and public health providers, community residents and leaders, nurses, dentists and oral health providers, physicians, other health care providers, faith-based organizations, ECU faculty, staff, students, and the general public.

ECU’s Office of Continuing Studies will issue up to 0.6 CEUs (six contact hours) for all those requesting them.

For more information or to register, visit www.ecu.edu/dcs/mills.cfm or call 252-328-9198/800-767-9111.

Jean Elaine Mills' love of East Carolina University and desire to make a difference in the lives of fellow African Americans will live on through the annual Jean Mills Health Symposium.

Jean earned her bachelor's degree from the University of North Carolina at Chapel Hill in 1977 and a master's in public administration with a concentration in community health from ECU in 1984. She died from breast cancer in October 2000.

Amos T. Mills III, Jean's brother, hopes to keep her spirit of discovery and community outreach alive through an inspirational tribute to one of her former graduate school instructors--Dr. Donald Ensley, former chairman of the Department of Community Health.

Through a $25,000 donation to the Medical Foundation Inc. of ECU, the Jean Elaine Mills Health Symposium was established.

The symposiums are presented by the ECU College of Allied Health Sciences in collaboration with the ECU Medical & Health Sciences Foundation. Its purpose is to bring attention to critical health care issues facing minority populations and to seek solutions.

Informatics in Health Care symposium

The Department of Health Services and Information Management successfully hosted the first Informatics in Health Care symposium on September 26, 2012 at the East Carolina Heart Institute.

Speakers for the symposium were Troy Trygstad, PharmD, MBA, PhD, Director, Network Pharmacist Program, Community Care of North Carolina (CCNC), and William Rudman, PhD, RHIA, Executive Director, AHIMA Foundation and Vice President of Education Visioning, AHIMA.

Their presentations can be viewed at www.ecu.edu/cs-dhs/hsim/hiim.cfm.

Rehabilitation counselors to hold annual conference

The Professional Association of Rehabilitation Counselors, or PARC, will hold its annual conference March 22-23 at the Clam Digger Inn in Atlantic Beach.

The theme, Body, Heart, and Mind: Assessment and Treatment of Stress Related Conditions in Substance Abuse and Clinical Counseling, will be addressed by presenters Carmen Russoniello, PhD, professor at ECU; and Sonja V. Batten, PhD, a clinical psychologist who works in the area of acceptance and commitment therapy.

Visit www.nationalparc.org or contact Lloyd Goodwin of the Department of Addictions and Rehabilitation Studies, goodwinl@ecu.edu.
BEATING OBESITY
ECU’s BOY BANDemia raises awareness through parody

By Crystal Baity

Push aside the sweet tea. An East Carolina University boy band has just the right motivation if weight loss tops your list of resolutions in 2013.

Physician assistant students Joe Bartholomew of Rolesville, Adam Rhodes of Jacksonville and Sean Russell of Raleigh have teamed up for the second time in less than a year on “NObesity,” a parody of another Backstreet Boys hit “I Want It That Way,” has gotten more than 9,000 hits and was spotlighted on the American Heart Association website. It’s at www.youtube.com/watch?v=yPbiIZxHfX.

While the group didn’t do this video for a class assignment, they took it just as seriously, said Russell, who wrote the lyrics. Rhodes, who performed for five years in a Dave Matthews cover band, handled the bulk of the vocals but they all sang.

“The purpose is to promote a healthy lifestyle, and to reach the population in a fun or funny way,” Bartholomew said. “It’s a great story told in the video.”

Kevin Light, a friend and ECU alumnus who is now a graduate student in nursing at the University of North Carolina at Chapel Hill, portrayed the person trying to lose weight.

The group chose weight loss because of obesity’s role in heart disease and stroke, two of the leading causes of death in the United States. Obesity affects more than one-third of the nation’s population.

They want to continue promoting a healthy lifestyle in their unique way with more videos on topics like diabetes and ACL injuries. “It is a very original way to get awareness out about disease,” Bartholomew said.

ECU’s Michelle Messer, a photographer, filmed the video. Messer works as collection development coordinator at Laupus Library where she handles acquisitions and other duties. She’s also the band manager who has helped get the group on several blogs, Facebook and Twitter pages.

The group’s name “bandemia” is a medical term that describes an increased number of white blood cells used to fight infection in the body.

Bartholomew, Rhodes and Russell are in their final year of graduate school and plan to complete their degrees in December. Last month, they started the first of their required eight clinical rotations and 1,900 hours of working with patients.

Bartholomew will work in geriatrics at Golden Living Center, Rhodes will begin in labor and delivery at Vidant Medical Center, and Russell will work in family medicine in Washington.

The band’s Facebook page can be found at www.facebook.com/BOYBANDemia.
Occupational therapy students inducted into honor society

Front row, l to r, Chelsey McKeel, Stacia Pomeroy, Alana Justice, Brittany Robertson. Back row, l to r, Monica Powell, Caitlin Zawistowicz, Kelly Pippin, Erin Schofield, Farrell Wiggins, Keli McColl, Sarah Timmons, Dr. Denise Donica

Eleven students were inducted into the Delta Beta Chapter of Pi Theta Epsilon honor society for occupational therapy students and alumni at a ceremony conducted on Monday, October 29 at the Health Sciences Building.

The induction marked the beginning of the very first chapter of PTE in North Carolina. There are currently over 80 active chapters nationwide.

Pi Theta Epsilon recognizes scholastic excellence of occupational therapy students, contributes to the advancement of the field of OT, and provides a vehicle for OT students to exchange information and collaborate regarding scholarly activities. Dr. Denise Donica is the faculty advisor for the ECU chapter.

Congratulations to the OT Class of 2012!

CSDI students nominated for membership

Six students from the Department of Communication Sciences and Disorders were nominated for membership in the Honor Society of Phi Kappa Phi: Elizabeth Ange, Lindsay Callahan, Emily Cozart, Emlyne Guzorek, Elizabeth McGee, and Rory Menscher.

The ECU chapter, the one hundred fourteenth approved by the national organization, was formally installed in 1970, and celebrates the academic achievements of nearly 3000 initiates.

PT students win Quiz Bowl

Congratulations to third-year doctor of physical therapy students Erin Ackland, Brittany Cutts, Hannah Fisher, and Lora Smith! They won the annual physical therapy student Quiz Bowl at the North Carolina Physical Therapy Association’s annual fall conference and chapter meeting. The ECU team competed against teams from UNC-CH, Duke, WSSU, WCU, and Elon.

The Quiz Bowl is held annually at the fall conference as a fund-raiser for the NCPTA Scholarship and Loan Fund to help support PT students.
Military and trauma counseling

Dr. Mark Stebnicki, professor, Department of Addictions and Rehabilitation Studies, has developed a new course, REHB 6375 Military and Trauma Counseling. This semester (spring 2013) is the first offering of the course.

The course is offered through distance education and will prepare graduate level professional counselors to deal with the psychosocial adjustment and traumatic experiences that challenge our military men and women during active duty, as well as their transition back to civilian life. Stebnicki says the establishment of the new course emphasizes the commitment the department has in training counselors for this new emerging population.

Stebnicki will use taped interviews conducted with retired armed services personnel and wives of veterans as part of the learning experience. Some of the interviewed guests have been Samantha Hines and Sarah Atencio, graduate students in the department and wives of active duty marines from Camp Lejuene; Dr. Shel Downes, a retired marine colonel and professor emeritus; and Dr. Lisa Montague, MD, retired army colonel and flight surgeon and current graduate student in the department.

Although the course is an elective, 20 students are enrolled in the first offering. Stebnicki plans for the course to be the keystone course for the proposed Military and Trauma Counseling (MTC) certificate program which he hopes to have approved by the fall of 2013.

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Education in Social Change,” the publication provided to all ECU faculty Fellows will read and discuss this and other leadership literature, compile and evaluate ideas and strategies for incorporating leadership into college instruction, and implement ideas and strategies into their teaching.

Mary Crozier, EdD, assistant professor, and Colleen Hillock, Medicine Hat College, had a journal article published titled “Codependence With Hypersexual and Gambling Disorder” in the Journal of Behavioral Addictions.

Patricia Royal, EdD, associate professor, and Thomas Ross PhD, associate professor, had a journal article published titled “Does Role Playing Improve Students’ Course Performance or Self-Assessment of their Interpersonal Skills?” in the Journal of Health Administration Education.

Susie Harris, PhD, and Xiaoming Zeng, MD, PhD, in the Department of Health Services and Information Management, had a journal article published titled, “How to set up an International Classification of Diseases, 10th Revision Training Workshop: Case Study” in Health Care Manager, 31(4), 323-331.

Steven Sligar, EdD, associate professor in the Department of Addictions and Rehabilitation Studies and Chad Betters, PhD, CRC, CDMS, CVE, PVE, assistant professor, Winston-Salem State University had a journal article published titled, “The State of State Vocational Evaluators: A National Study” in the Journal of Rehabilitation (2012), 78(4), 21-30.

From the health services management program director, Michael Kennedy, PhD -- The undergraduate Health Services Management program has been recertified for six years and has retained full certified undergraduate membership status with the Association of University Programs in Health Administration (AUPHA).

Mark Stebnicki, PhD, professor, in the Department of Addictions and Rehabilitation Studies was a guest speaker at the Science Café in Greenville on February 11. His presentation titled, “Are Our Schools Safe? Empathy Fatigue and the True Cost of Gun Violence” focused on addressing the mental health needs of adolescents. His talk was timely given the Sandy Hook Elementary school shootings as well as a recent stabbing incident at a local area high school. His presentation sparked interest by WNCT Channel 9 News where coverage of this event appeared on the nightly news.

John Willson, PhD, associate professor, has joined the faculty of ECU in the Department of Physical Therapy. John received a BS in biology from University of Minnesota, a master's degree in physical therapy from the University of Wisconsin-La Crosse, and a PhD in biomechanics and movement science from the University of Delaware. His research is focused on identifying factors that contribute to both acute and overuse knee injuries associated with running and other physical activities.

In his new position he will serve as director of the Human Movement Analysis Laboratory.

About the Alliance

Formerly an annual/bi-annual alumni magazine, this is the first edition of the Alliance as a quarterly newsletter.

It is designed to connect, engage and inform alumni, faculty, staff and friends of the College of Allied Health Sciences.

You can read past issues of the Alliance on the College of Allied Health Sciences website: www.ecu.edu/ah.

We welcome your emails and comments. Please contact us at robersonk@ecu.edu or 252-744-6014.